

CNL-664A Topic 7 Professional Development Reflection Template

Directions: Professional counseling development provides counselors in training with opportunities to gain essential skills and knowledge for delivering competent and ethical counseling services. Reflect on how you plan to continue your ongoing professional development and refer to the following example to guide you in completing your reflection:

CMHC Professional Development Opportunities	List 3-4 internship experiences that best supported the professional development goals. (Bulleted list)	Describe how you plan to continue your professional development in this program objective. (50-100 words)
EXAMPLE: Wellness Plan/Self-Care: The section includes a written statement detailing how the CIT plans to engage in self-care.	• I removed my employee email account from my cell phone to help maintain professional and personal boundaries (i.e., not answering my employer's emails while spending time with my family). • Creating a support system in my personal, professional, and educational lives. • I have attended a weekly yoga at my community recreation center.	I plan to continue to use self-awareness in times where I feel symptoms of burnout to ensure self-care is a priority to maintain my wellness plan. I also plan to continue to explore transference and countertransference within my supervision sessions. I plan to engage in my own mental health counseling, as needed.
CMHC Professional Development Opportunities		
Philosophy of Counseling: This section includes a description of the CIT's personal view of counseling and approach to counseling.	• Developed an integrative, person-centered counseling approach that adapts interventions to each client's unique needs. • Provided counseling to individuals, couples, families, and adolescents with diverse presenting concerns. • Learned to balance empathy with appropriate challenge while maintaining therapeutic rapport. • Refined my ability to meet clients where they are rather than relying on a single theoretical orientation.	Throughout my career, I plan to continue refining my philosophy of counseling by remaining person-centered while expanding my knowledge of evidence-based practices. My internship reinforced that effective counseling requires flexibility, curiosity, and responsiveness to each client's unique experiences rather than rigid adherence to one therapeutic model. I will continue seeking supervision, consultation, and continuing education to ensure my counseling philosophy evolves alongside my clinical experience.

Clinical Skills and Theory Development: This section will include a CIT's discussion refining therapeutic techniques and interventions, while integrating and evolving counseling theories to improve practice and effectiveness in supporting clients' mental health.	• Conducted biopsychosocial assessments, treatment planning, and ongoing case conceptualization. • Integrated CBT, solution-focused, emotion-focused, psychoeducation, grounding, and mindfulness interventions. • Facilitated individual, couples, and family counseling sessions. • Strengthened clinical decision-making through supervision and consultation.	I plan to continue strengthening my clinical skills by pursuing advanced training in trauma-informed care, including EMDR and other evidence-based trauma treatments. I also hope to continue refining my work with couples and families while expanding my competence with complex trauma, attachment, and relationship dynamics. Lifelong learning will remain an essential part of my professional identity.
Research and Scholarly Activity: This section will examine how the CIT acquired the knowledge and skills needed to identify, evaluate, and utilize research to inform best practices in counseling.	• Utilized current research and evidence-based interventions when developing treatment plans. • Consulted DSM-5-TR criteria and standardized assessments to support diagnostic decisions. • Integrated current counseling literature into client care. • Applied research findings to psychoeducation and clinical interventions.	I plan to remain current with counseling research through continuing education, professional conferences, peer-reviewed literature, and specialized trauma training. As evidence and best practices continue to evolve, I want to ensure my clinical work remains grounded in current research while providing ethical, culturally responsive, and effective care. I also plan to critically evaluate emerging research so I can thoughtfully integrate evidence-based interventions that best meet the unique needs of each client.
Professional Service: Leadership and Advocacy: This section will include advocacy and volunteer efforts of the CIT.	• Collaborated with supervisors and clinicians to coordinate client care. • Participated in consultation regarding shared clients. • Assisted in developing an anxiety psychoeducation group. • Advocated for client access to appropriate referrals and community resources.	I plan to remain actively involved in professional organizations while continuing to advocate for accessible, trauma-informed mental health services within my community. As I grow professionally, I hope to contribute through psychoeducation, community outreach, and volunteer opportunities that promote mental health awareness. I also look forward to mentoring future counseling students and interns, recognizing the meaningful impact that guidance, encouragement, and professional support have had on my own development as a counselor.

Mentorship: This section will include any general mentorship in the counseling field, to include a plan of choosing a professional mentor.	• Received ongoing supervision and clinical consultation. • Sought feedback from my supervisor and experienced clinicians. • Participated in interdisciplinary consultation regarding mutual clients. • Developed confidence through constructive supervision and professional guidance.	I plan to continue seeking mentorship from experienced trauma clinicians throughout my career as I refine my clinical skills and develop areas of specialization. I recognize that mentorship is an ongoing process that extends well beyond graduate school and licensure. As I gain experience, I also hope to mentor counseling students and interns, recognizing the meaningful impact that encouragement, clinical guidance, and professional support have had on my own development as a counselor.
Wellness Plan/Self-Care: The section includes a written statement detailing how the CIT plans to engage in self-care.	• Maintained my own personal therapy. • Continued walking, yoga, and exercise as part of my wellness routine. • Developed healthy professional boundaries while balancing internship, graduate school, and personal responsibilities. • Utilized supervision and consultation to process challenging clinical experiences.	Maintaining my own wellness will continue to be essential to providing ethical and effective care. I plan to prioritize regular exercise, adequate rest, healthy boundaries, meaningful relationships, and personal therapy as needed. I will also remain mindful of compassion fatigue, burnout, and countertransference by engaging in ongoing self-reflection, supervision, and self-care. Prioritizing my own well-being will help me remain fully present, effective, and emotionally available for the clients I serve.